



HEALTHY LIVING CENTERS

November 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6	7 Eat this, Not that 9am	8 Diabetes 11-12pm	9	10
11	12	13	14 Healthy Hearing screening 12pm	15	16	17
18	19 Stem Cells 6-7pm	20	21	22	23	24
25	26	27	28 5 Sneaky causes of weight gain 9-10am	29	30	

For more information regarding HLC events please contact
our Community Health Outreach Director Mica Lill:
mllill@vfymca.org, or call (386)425-5210.



HEALTHY LIVING CENTERS

Hear Well Live Well by: Healthy Hearing Screening

About: Please join Board-Certified Audiologist, Dr. Stacy O'Brien from Atlantic Hearing & Balance, who will discuss the latest research and most innovative advances in hearing healthcare and answer any questions you may have about hearing loss.

Topics we will review: What is the relationship between aging, diabetes, dementia and hearing loss? Learn why you need and deserve evidence-based hearing care. We'll clear up all the confusion about hearing devices.

If you or a loved one is experiencing symptoms of hearing loss, don't miss this hearing and technology expo.

Medicare 101:

About: presented by Humana

Eat this, Not that:

About: presented by Humana

Stem Cells

About: Myth Vs Fact. How stem Cells Regeneration Prevents Joint Replacement with Dr. Steflik. RSVP MIill@vfymca.org

5 Sneaky causes of weight gain:

About: presented by Humana

Diabetes

About: November is National Diabetes Awareness month. Join us for a free seminar to guide you to a healthier life style.